

bables WILL LEARN to have some control over their body. Babies should:

- · Hold up their head
- · Roll over
- Sit up
- Crawl
- Stand up
- · Sometimes walk

BABIES START TO LEARN they are separate from others. Babies will:



- Look at their hands and toes and play with them.
- Cry when their parents leave.
- Learn to know their names.

BABIES LEARN to talk.

- At first, babies cry and make throaty noises.
- Later, they babble and say "mama" and "dada."
- Then they make lots of sounds.
- They start to name things and people they know.

BABIES START to play games. Babies can:



- · Play with their hands.
- Show an interest in toys.
- Start to like "putting in and taking out" games.
- Start to like banging toys together.
- Carry around dolls or stuffed toys.

BABIES WILL START to relate to other people.

- First babies will relate to you and other adults.
- · Later, babies will notice other babies.

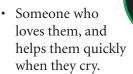
FIRST 5

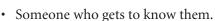
THE FIRST YEAR

LEARNING STARTS FARLY

What to expect during a baby's first year and how you can help a child grow and learn

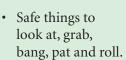
IN ORDER TO GROW, babies need:





- Someone to keep them safe and comfortable.
- Chances to move about and do new things.

BABIES NEED:





- · Safe places to play.
- Chances to hear talking and to make sounds.

TIPS to remember: GIVE CHILDREN love and attention.

- · Read, sing and talk each day.
- Meet children's needs right away.
- · Hold your baby often.
- Answer your baby's cries and your child's questions.

MAKE SAFE PLAY greas for children.

- Give children time to run, jump and dance.
- Let children do art, or play with blocks and puzzles.
- Give children a chance to do things on their own.

IT IS ALSO good to:

- Set up times to play with other children.
- · Let children have a few choices.
- Be a kind and caring example.

©2003 First 5 California